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**Food and Nutrition Information Center**

# **Microcomputer Software Collection**

**June 1991**





# **Food and Nutrition Information Center Microcomputer Software Collection**

**June 1991**

**Updates December 1990 list**

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**Food and Nutrition Information Center**

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**Food &  
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## INTRODUCTION

The Food and Nutrition Information Center has a collection of over 150 microcomputer software programs and demonstration disks available for onsite preview. Use of the software is by appointment only, Monday through Friday, 8AM to 4:30PM.

This publication lists the program name, producer, cost, type of hardware required, and a brief description. The cost and hardware compatibility noted reflect the information available at the time of acquisition. PLEASE consult with the producers or distributors for the most current information on versions, prices, program updates and specific hardware requirements.

Please note that some programs are available for several types of computers. For each program the section "HARDWARE:" lists the computers for which the software is available. Software is NOT available at FNIC for those computers listed in parenthesis under this section.

Inclusion of a software package in this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA insure the accuracy of all information in the software packages.

## TABLE OF CONTENTS

	PAGE NUMBER
PLANNING TO PREVIEW SOFTWARE?.....	i
SOFTWARE TYPE	
Diet Analysis.....	1
Food Service Management.....	12
Food Technology.....	19
Health Education.....	20
Nutrition Education.....	23
Recipe.....	31
PRODUCER/DISTRIBUTOR LIST.....	34
BIBLIOGRAPHY.....	43
PROGRAM NAME INDEX.....	44
PRODUCER INDEX.....	48

For more information contact:

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## PLANNING TO PREVIEW SOFTWARE ?

### BEFORE YOUR VISIT...

Before visiting the Food and Nutrition Microcomputer Software Demonstration Center, review this list of software available for preview. Also, you may wish to review some of the resources listed in the BIBLIOGRAPHY (p. 43), which contain descriptions and reviews of nutrition related software. These resources are also for use onsite at the Software Center.

Select and prioritize three to ten programs to try. The number you will be able to preview depends on the time you plan to spend. In one morning session most people are able to preview two to five programs.

Call to make an appointment (301-344-3719), Monday through Friday, 8:00 a.m. to 4:30 p.m. EST. FNIC staff can give you directions and information about nearby hotels, restaurants, etc.

### WHEN ONSITE...

When you arrive at the Center you may review additional resources, including:

- 1) reference materials listed on p. 43,
- 2) notebooks containing printouts of many of the programs, and
- 3) a notebook of review articles.

When you have identified the programs you would like to preview, a nutritionist will assist you with starting the program. The nutritionist will be available to help you change programs and to answer any questions.

### PLEASE HANDLE THE COMPUTERS AND SOFTWARE WITH CARE

Computers have been made available for your use. Ask for assistance to change programs or if you need help while viewing the programs. Please handle them with care. While working with the software please do not remove the disks from the computer until the red light on the disk drive is off. Hold the disks on the top paper section, to avoid damaging the magnetic portion of the disk.



## Diet Analysis/Diet Planning

### **AUTONUTRITIONIST III (version 6.0)**

N-Squared Computing

Hardware: IBM Compatible

Cost: \$895.00

Creates diets meeting user specified requirements.

Requires Nutritionist III, which comes with the Autonutritionist III package.

### **BALANCE YOUR DIET (1983)**

Albion/A Division of Queue, Inc.

Hardware: Apple II

Cost: \$34.95

Teen/adult level. Originally designed for classroom use.

Includes worksheets for student diet evaluations.

### **CALORIE STUDY PROGRAMS (1983)**

clo's line Software, Inc.

Hardware: Apple II

Cost: \$30.00

Designed for consumers and classroom use. Provides estimate of caloric intake and expenditure. Includes lesson plans.

### **CBORD DIET ANALYZER SYSTEM (version 3.0.3)**

The CBORD Group, Inc.

Hardware: IBM Compatible

Cost: \$995.00

Part of CBORD's Menu Management Family of Systems, **Diet Analyzer** is a tool for nutrition counseling, recipe, and menu analysis. Database can include up to 2400 items. Analyzes up to 32 nutrients. Features include: Alpha lookup of database, on line help, nutritional goals, diaries, recalls, histograms, and graphic intake analysis.

### **COMPUTERIZED HEALTH DIET (version 4.0)**

INPS

Hardware: IBM Compatible

Cost: \$280.00

Generates meal plans, automatically or manually, for up to 365 days at calorie levels from 1,000 to 3,500 calories.

Includes 496 core food items and diabetic exchanges. Only available to physicians or Licensed/Registered Dietitians.

### **COMPUTRITION: NUTRITIONAL SOFTWARE LIBRARY (1989)**

Computrition, Inc.

Hardware: IBM Compatible

Cost: \$295.00 to \$6,000.00 (five versions available)

Analyzes intakes and recipes, plans menus based on preferences, and establishes weight control plans. Minimum price shown. Available on Government Services Administration (GSA) list (contract GS00K-90-AGS-5672).

## Diet Analysis/Diet Planning

### **DIET ANALYSIS**

Albion/A Division of Queue, Inc.

Hardware: Apple II

Cost: \$49.95

Teen/adult level. Designed for classroom use. Includes worksheets for student diet evaluations.

### **DIET PLANNING FOR THE TYPE II DIABETIC (1985-1988, version 1.0)**

Cardinal Health Systems, Inc.

Hardware: IBM Compatible

Cost: \$49.95

This program is part of The Cardinal Connection Wellness Series.

### **DIET SIMPLE (version 2.0) and DIET SIMPLE PLUS (version 2.0)**

N-Squared Computing

Hardware: IBM Compatible

Cost: \$145.00 for DIET SIMPLE and \$295.00 for DIET SIMPLE PLUS

Consumer oriented version of Nutritionist III which analyzes diets and menus for 30 nutritive components.

Diet Simple Plus, created for professional and educational use, analyzes diets, menus, and recipes for 58 nutritive components.

### **DIETAID (version 3.0)**

Shannon Software, Ltd.

Hardware: IBM Compatible

Cost: Shareware; \$15 for manual on disk; \$25 for printed manual

This program creates individual diet plans using American Dietetic Association and American Diabetic Association recommendations and analyzes menus and recipes for 4200 foods. Target goals can be compared to planned or actual intakes.

### **DIETARY ANALYSIS PROGRAM (1990, version 1.41)**

USDA/Human Nutrition Information Service

Hardware: IBM Compatible

Cost: \$60.00

Analyzes up to three days of intake for 27 nutritive components. Database includes 850 commonly used foods. Available from National Technical Information Service. Use accession #PB90-501826. Also available on the Nutrient Data Bank Bulletin Board. Access with a modem and communications software at 301-436-5078. Time to download is 20 minutes.



## Diet Analysis/Diet Planning

### **DIETARY ASSESSMENT SYSTEM (1987, version 1.2)**

Softech Computing Company

Hardware: IBM Compatible

Cost: \$195.00 to \$495.00

Program provides diet analysis, diet recommendations, and costing capabilities. Only a demonstration disk is available at FNIC.

### **DIETICIAN (1982, version 2)**

Dietware

Hardware: Apple II

Cost: \$59.00

Designed for consumers to use when planning menus based on a physician's recommendation.

### **DIETICIAN (1987)**

ALSoft, Inc.

Hardware: Macintosh

Cost: \$94.95

Analyzes recipes, menus, and meals for 23 nutrients in 778 foods.

### **DIETVALUE 6000 (1987)**

Practorcare Corp.

Hardware: IBM Compatible

Cost: \$250.00 (a six month warranty included in purchase price.)

This complements the **Nutripractor** program. It allows the user to design diets and create and print weekly diet plans with up to six user-selected nutrient or food exchanges with explanatory educational texts for each nutrient.

### **DINE WINDOWS (IBM, 1991, version 3.0); THE DINE SYSTEM (Apple, 1987, version 1.0)**

DINE Systems, Inc.

Hardware: IBM Compatible, Apple IIc, IIc+, IIgs, IIe

Cost: \$295.00 for DINE WINDOWS ver. 3.0; \$195 for DINE WINDOWS ver. 1.5.

Analyzes for 25 nutritive components from 5600 foods and gives DINE Score for intake. Database has no missing values. Includes 194 item activity database, food and nutrient search function, choice of standards (U.S., Canadian, National Cholesterol Education Program and pregnant or lactating). Also has standards for ages 1 to 99. Requires mouse. Includes Activity and Food Record Book and Nutrition Guide Book. Cost for Apple versions and IBM packages without the mouse slightly less.

## Diet Analysis/Diet Planning

### **EAT FOR HEALTH (1989)**

Genesee Intermediate School District

Hardware: Apple II

Cost: \$40.00

This program analyzes the nutritional needs of students (designed for grades 5-8, but appropriate for older ages, including adults). The program was designed to aid students in identifying the nutritional content of their daily diet as compared to their daily needs. At the end of the program, the user receives a printout of the analysis.

### **EATING MACHINE (1982)**

Muse Software/A Division of Queue, Inc.

Hardware: Apple IIc, IIe, II+

Cost: \$49.95

Analyzes diet for calories and six nutrients for one to seven days. Includes 500 foods.

### **EVRYDIET: A NUTRITION AND DIET GUIDE (1983)**

Evryware

Hardware: IBM Compatible

Cost: \$59.95

Analyzes diets and recipes for 24 nutrients. Includes 1000 foods and more can be added. Creates plans for weight control.

### **FAST FOOD MICRO-GUIDE (1988)**

The Learning Seed

Hardware: Apple II (IBM, TRS-80, Commodore)

Cost: \$49.00

Analyzes nutrient content of fast food meals. All age levels. Updated version also includes a game that challenges the user to choose a balanced meal from a restaurant menu.

### **FOOD/ANALYST CD-ROM (1989, version 1.2)**

Hopkins Technology

Hardware: IBM Compatible with CD-ROM drive

Cost: \$99.00

Designed for a Compact Disk-Read Only Memory (CD-ROM) system. Analyzes 5,000 foods for 80 nutrients.



## Diet Analysis/Diet Planning

**FOOD PROCESSOR II** (IBM, 1990, version 3.0; Mac version 2.1; Apple version 3.0)

ESHA Research

Hardware: IBM Compatible, Macintosh, Apple II series

Cost: \$295.00

Analyzes diets, recipes, menus, nutrient ratios with 2400 foods, 30 nutrients, and 50 functions. Free demonstration disk from producer is available. Includes fast foods, vegetarian foods, and has almost no missing values. Foods can be added and additional databases containing a total of over 10,000 foods are available.

**FOOD PROCESSOR II - FOOD INDUSTRY/RESEARCH VERSION** (1991)

ESHA Research

Hardware: IBM Compatible

Cost: \$995.00

Analyze formulations, menus, and diets with over 8500 foods and ingredients. Contains over 50 functions including costing, percent bake off, **Smart Search** food lookup system. Includes latest USDA data, extensive raw materials database, and more. Allows information management of large numbers of records, and the database can be expanded.

**THE FOOD PROCESSOR II - PLUS** (1990, version 3.11)

ESHA Research

Hardware: IBM Compatible

Cost: \$370.00

Analyzes diets, recipes, and menus for up to 30 nutrients with 2400 foods. Free demonstration disk is available from producer. The over 50 functions include the **Smart Search** food lookup system. Foods can be added and additional databases containing a total of over 10,000 foods are available.

**FOODAY DIET ASSESSMENT AND GROUP SUMMARY PROGRAMS** (1987, version 2.0)

EXTEND

Hardware: IBM Compatible

Cost: \$35.00

Designed especially for the Cooperative Extension Service, including EFNEP. **Diet Assessment Program** calculates the nutritional value of dietary intakes for one to seven days. The **Food Group Summary Program** summarizes the nutritional value of up to 50 diets.



## Diet Analysis/Diet Planning

### **GOOD HEALTH AND DIET PROGRAM (1989)**

Diet Research, Inc.

Hardware: IBM Compatible

Cost: \$150.00

This program analyzes nutrients, tracks exercise and weight loss, groups foods by food group, and provides suggestions for dietary change. Contains 1200 foods. Consumer level.

### **IDAHO DIET ANALYSIS (1986, version 4.0)**

University of Idaho, Agriculture Communication Center

Hardware: Apple IIc, IIe, II+, III; IBM Compatible

Cost: \$20.00

Analyzes one day's intake for 13 nutrients.

### **MACDINE II (1991, version 1.0); MACDINE (1990, version 1.1)**

DINE Systems, Inc.

Hardware: Macintosh

Cost: \$299.00 for MACDINE II; \$199.00 for MACDINE

Analyzes 5600 foods for 25 food components. Gives DINE Score for intake. Compares intakes to Step 1 & Step 2 diet plans. Developed with the National Heart, Lung & Blood Institute. Includes Activity & Food Record and Nutrition Guide Books. MACDINE II analyzes recipes and has nutrient search function.

### **MINNESOTA NUTRITION DATA SYSTEM (1991, version 2.2)**

University of Minnesota, Nutrition Coordinating Center

Hardware: IBM Compatible

Cost: \$7000.00

Designed for dietary research, this program analyzes for 93 nutritive components, has data for 16,000 foods, contains few missing values, and allows for extremely specific description of foods eaten, especially for fat and sodium. Demonstration disk available from producer for \$15.00.

### **NSL DIET ANALYZER (1986)**

Natural Software Limited

Hardware: IBM Compatible

Cost: \$49.95

Analyzes foods for 24 nutrients. Foods can be added to database. Analysis compared to Goal Profile.

### **NUTRANAL (1983, version 3.1)**

S and N Services

Hardware: IBM Compatible, (Apple II, Franklin)

Cost: \$249.95

This program is for the nutrition professional. Assesses protein and calorie status. Analyzes menus, diets and recipes. The price for version 1.1 is \$99.95 and the price for version 2.1 is \$149.95.

## Diet Analysis/Diet Planning

**NUTRI PLAN** (version 1.0) and **NUTRI PLAN PROFESSIONAL** (1988)  
MicroMedix

Hardware: IBM Compatible

Cost: \$75.00 for **NUTRI PLAN** and \$150.00 for **NUTRI PLAN PROFESSIONAL**

Consumer and professional versions. Analyzes menus, recipes, and intakes for 21 nutrients in 400 foods. Additional foods can be added.

**NUTRI-CALC** (1991)

CAMDE Corporation

Hardware: IBM Compatible

Cost: \$95.00

Analyzes diets, foods and recipes for 30 nutrients. Database contains 1500 foods. Features include: RDA/RNI guidelines, graphic displays, sort foods by nutrient, quantity adjustment, recipe & meal analysis.

**NUTRI-CALC HD** (1989, version 1.1, database version 4.11)

CAMDE Corporation

Hardware: IBM Compatible

Cost: \$225.00

Professional level. Analyzes 3400 foods for 30 nutrients. Graphics available with appropriate monitor. Can add notes to each analysis to personalize. Requires hard drive system. Mouse optional.

**NUTRI-CALC PLUS** (version 1.0)

CAMDE Corporation

Hardware: Macintosh

Cost: \$225.00

Analyzes 1500 foods for 32 nutrients. Features graphic displays, including pie chart and bar graphs.

**NUTRI-TALLY** (version 4.6)

Nutrition Counseling

Hardware: IBM Compatible

Cost: \$125.00

Analyzes food frequencies or diet records. Database contains 2000 foods. Computes 45 ratios of the user's choice, diabetic exchanges, and BEE. Includes a wheel graph to enhance visualization. Program requires Lotus 1,2,3.

**NUTRICAT** (1986, version 1.0)

Missouri Cooperative Extension

Hardware: IBM Compatible

Cost: \$50.00

Analyzes diets for one day for 17 nutritive components. Supplements can be included in the analysis. Only a demonstration disk is available at FNIC.



## Diet Analysis/Diet Planning

### **NUTRIENT ANALYSIS SYSTEM 2 (version 4.0) & NUTRIENT ANALYSIS SYSTEM**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible (Apple, Macintosh)

Cost: \$289.00

Analyzes diets, meals, menus, and recipes for 24 nutrients. Database contains 2700 foods. Also analyzes calorie expenditure. Can compare to five dietary standards. Printouts include: client, graphic, tabular, food sources of nutrients, energy analyzer, and multiple day.

### **NUTRIGUIDE (version 1.3)**

Michigan State University

Hardware: IBM Compatible

Cost: \$100.00

Program assesses daily nutrient needs and actual intakes. Provides educational information about various foods and nutrients in the diet. Originally designed for college students with limited computer skills.

### **NUTRIPLANNER 6000 (1987)**

Practorcare Corp.

Hardware: IBM Compatible

Cost: \$2,000.00 (includes 6 month warranty)

The program has a database of up to 6,000 foods for 100 nutrients. Features include individual and multiple nutritional analysis, diabetic exchanges, recipe explosion and expansion, and recipe and menu costing. Only a demonstration disk is available at FNIC.

### **NUTRIPRACTOR 6000 (1987)**

Practorcare Corp.

Hardware: IBM compatible; (IBM PS/2)

Cost: \$1,100.00 (a six month warranty included in purchase price.)

This software program assists health care professionals with nutrient analysis, weight control, and diet planning. The program offers a database of up to 6,000 foods with 100 nutrients and the diabetic exchanges.

### **NUTRISTATUS (1987)**

Practorcare Corp.

Hardware: IBM compatible; (IBM PS/2)

Cost: \$1,000.00 (a six month warranty included in purchase price.)

This software allows the assessment of nutritional status based on anthropometry, clinical evaluation, laboratory assessment, and dietary analysis.

## Diet Analysis/Diet Planning

### **NUTRITEK**

DENTEK Systems

Hardware: IBM Compatible

Cost: \$499.95

Designed for the Registered Dietitian. Analyzes diets, assesses energy needs, creates exchange diets, and prints patient education materials. Only a demonstration disk is available at FNIC.

### **NUTRITION ANALYSIS 1000 (1986, version 1.1)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$445.00 for basic system

Corporate reporting capabilities, recipe analysis, overhead visuals, and handout materials available for additional charges. Uses blood test data.

### **NUTRITION PRO! (1991)**

ESHA Research

Hardware: IBM Compatible

Cost: \$99.00

This program is a consumer oriented version of The Food Processor II. Analyzes daily intakes, menus, nutrient ratios, exchanges, and creates exercise and weight gain/loss plans. The 2000 item database include fast foods, convenience foods, and vegetarian foods.

### **NUTRITION PROFILE (version 2.1); NUTRITION PROFILE PLUS (version 1.2)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$295.00 for NUTRITION PROFILE; \$395 for NUTRITION PROFILE PLUS

Uses a food frequency form. Corporate reporting capabilities, overhead visuals and handout materials available at an additional charge.

### **NUTRITION PROFILE 35 (1991)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$245.00

This program is a one week food frequency analysis designed to teach consumers about their food habits. Gives nutrition scores based on high, moderate, or low intakes of nutrients. Gives recommendations for improving diet. Good for health fairs and places where a quick turnaround is desired.



## Diet Analysis/Diet Planning

### **NUTRITION PROSPECTOR PERSONAL (1988, version 1.10)**

Constructive Solutions, Inc.

Hardware: IBM Compatible

Cost: \$75.00

Consumer level. Analyzes diets and recipes. Allows for on-line food substitutions. Includes booklet on nutritional goal setting.

### **NUTRITION PROSPECTOR PROFESSIONAL (version 1.10)**

Constructive Solutions, Inc.

Hardware: IBM Compatible

Cost: \$185.00

Professional level. Tracks clients by individual or organization. Adjusts and displays nutrient changes by food, meal, and date. Allows transfer of data to Nutrition Prospector Personal model.

### **NUTRITION WIZARD (1986)**

Center for Science in the Public Interest

Hardware: IBM Compatible

Cost: \$99.95

Analyzes foods, meals, diets, and recipes for 25 nutritive components. Includes 1700 foods.

### **NUTRITIONIST I (1982, version 4.0), II (1984, version 2.0), and III (1989, version 6.0)**

N-Squared Computing

Hardware: IBM Compatible

Cost: \$495.00 for NUTRITIONIST III; \$295 for NUTRITIONIST II; \$145 for NUTRITIONIST I

Nutritionist III analyzes foods, diets, and recipes for 58 nutritive components. Includes 1900 foods. Foods can be added. Nutritionist II and III include exercise and weight control program. Nutritionist III uses a larger database and analyzes for more nutrients than Nutritionist I and Nutritionist II.

### **POCKET RD (version 3.1)**

Poly-Bytes, Inc.

Hardware: IBM Compatible

Cost: \$199.00

This program was created specifically for the Registered Dietitian. Many features can be customized including exchange lists, product information, menus, and data display screens. Program includes diabetic program; renal program; enteral and parenteral diet calculations; intake, menu and recipe analysis; and complete nutritional assessment program.



## Diet Analysis/Diet Planning

### **PROFESSIONAL DIETITIAN (1988, version 1.2)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$495.00

Professional level. Evaluates dietary intake and body composition. Analyzes for 76 nutritive components. Includes food frequency option, diabetic exchanges, exercise values. Also available from Constellation Research.

### **PRUCAL (1990, version 3.0)**

Colorado State University Cooperative Extension Service

Hardware: IBM Compatible

Cost: \$98.00

Evaluates diets for 18 nutrients and plans diets according to prudent (30% dietary fat) or very prudent (20% dietary fat) guidelines. Discount to Cooperative Extension Service professionals.

### **RECIPE: NUTRITIONAL ANALYSIS PROGRAM (version 1.0)**

Barton, Jo Anne, Extension Specialist

Hardware: IBM Compatible

Cost: FREE

Analyzes nutrient composition of recipes. Requires a color monitor. The program is free. Send a formatted disk to the producer.

### **RIGHT BYTE (1987, version 2.0)**

N-Squared Computing

Hardware: IBM Compatible

Cost: \$595.00

Requires Autonutritionist III or Nutritionist III. Includes a food frequency analysis.

### **WHAT DID YOU EAT YESTERDAY? (1984)**

The Learning Seed

Hardware: Apple II (IBM, TRS-80, Commodore)

Cost: \$59.00

Analyzes a 24 hour intake for 11 nutritive components. Database contains over 600 foods.

### **YOU ARE WHAT YOU EAT (1985)**

Marshmedia

Hardware: Apple IIc, IIe, II+

Cost: \$55.00

For classroom use. Analyzes diets for food groups. Reviews major nutrients in five food groups.

## Food Service Management

### **ACCOUNTS RECEIVABLE, BILLING AND INVENTORY CONTROL**

Advanced Analytical

Hardware: IBM Compatible

Cost: \$55.00

Part of Restaurant and Standard Accounting version 5.2.

Only a demonstration disk is available at FNIC.

### **BON APPETIT (1987, version 1.0)**

Bon Appetit Food Service Systems

Hardware: IBM Compatible (demo), (IBM Model 36)

Cost: \$840.00

Food service system designed for school food service.

Includes production, inventory, purchasing, accounting, free/reduced meal application and state/federal reporting.

Price varies with number of units in school district and type of facility. Price shown for 1-20 units with serving lines only. Only a demonstration disk is available at FNIC.

### **CASF POINT OF SERVICE (1989)**

CASF, Inc.

Hardware: IBM Compatible

Cost: \$1000.00

Price varies with package. Price shown is minimum. Options include free/reduced price meal processing, menu preparation, nutrient analysis, point of service, and accounting. Only a demonstration disk is available at FNIC.

### **CATER PRO (version 2.2)**

At-Your-Service Software, Inc.

Hardware: IBM Compatible

Cost: \$695.00

Full featured catered event production system. Event planning, calendars, worksheets, production schedules and accounting for on- or off-premise catering. Integrates with other Pro software modules. Only a demonstration disk is available at FNIC.

### **COMPUTRITION: NUTRITIONAL CARE MANAGEMENT/CARDEX**

Computrition, Inc.

Hardware: IBM Compatible

Cost: \$7500.00

Price for initialization of Cardex program shown. Contains three main components: patient database/cardex, patient menus/menu printing, and interface to hospital wide computer systems. Includes patient care plans, calorie control and diabetic exchanges, nourishments, tray assembly tickets, and other features. Only a demonstration disk of the Cardex program is available at FNIC.



## **Food Service Management**

### **COOK-WARE (version 3.0)**

Dynatran Computer Systems, Inc.

Hardware: IBM Compatible

Cost: \$2845.00

Professional food service management system. Total system price shown. Individual programs available. Only a demonstration disk is available at FNIC.

### **COOKING AND BAKING SERIES (1983)**

Aquarius Instructional

Hardware: Apple II (IBM Compatible)

Cost: \$615.00

This series was created for students with limited reading skills enrolled in vocational programs. Units in the series include: recipe conversion, baking ingredients, meats, hygiene, sanitation, receiving, storing, and measurements. Lesson plans and tests are included.

### **COST STUDY PROGRAMS (1983, version 3.3)**

clo's line Software

Hardware: Apple II

Cost: \$30.00

Designed to calculate the cost of a recipe, and determine the price per serving or unit. Designed for classroom use.

### **DATADIET**

IPC/Software

Hardware: IBM Compatible

Cost: \$2999.00

Professional food service system. Includes diet analysis. Total system cost shown. Individual programs range from \$375-\$975. Only a demonstration disk is available at FNIC.

### **DIETARY FOOD MANAGEMENT (DFM) SYSTEM**

DFM Healthcare Systems, Inc.

Hardware: IBM Compatible

Cost: \$4000.00

Price shown is for Nutrition Assessment Module. Prices range from \$3,500 to \$12,000. Designed for use in acute care hospitals. Only a demonstration disk is available at FNIC.

### **DIETITIAN DATABASE (version 2.11)**

SimpleSolutions

Hardware: IBM Compatible

Cost: \$10.00 per licensed facility bed

This program is a tray card, nourishment sticker, and production data reporting system.

## Food Service Management

### **FOOD COST EXPLOSION (1982)**

Bottom Line Software

Hardware: Apple IIc, IIe, II+, (IBM Compatible)

Cost: \$350.00 for Apple, \$400.00 for IBM

Professional level food service management system. Includes menu management and food cost control.

### **FOOD FOR KEEPS (1987)**

clo's line Software, Inc.

Hardware: Apple II

Cost: \$25.00

Designed for consumers. Topics include: canning and freezing fruits and vegetables and a label maker for home preserved products.

### **FOOD POISONING, SANITATION AND PRESERVATION (1982)**

Orange Juice Software

Hardware: Apple II

Cost: \$120.00

Sanitation and food safety training for food service workers.

### **FOODS: MEASURING TECHNIQUES (1984)**

Orange Juice Software

Hardware: Apple II

Cost: \$95.00

Introduction to measuring ingredients.

### **FORMWORX & SLCS FORMFILE (version 2.511)**

School Lunch Computer Services, Inc.

Hardware: IBM Compatible

Cost: \$125.00

With FormWorx custom forms can be created and printed.

SLCS FormFile is included which has on disk dozens of pre-designed school lunch program forms that are ready to use. User can create unlimited number of custom forms.

### **FREE AND REDUCED LUNCH SYSTEM (1988)**

Lark Software, Inc.

Hardware: IBM Compatible

Cost: \$300.00

This program maintains files of students in a school lunch program. It also generates letters.



## Food Service Management

### **FREE AND REDUCED PRICE APPLICATIONS PROCESSING PROGRAM (FAR)**

School Lunch Computer Services, Inc.

Hardware: IBM Compatible

Cost: \$695.00

For the processing of applications and the production of statistical and verification reports, letters and labels. Program and demonstration disk are available at FNIC.

### **GERIMENU (1988, version 5.10)**

GeriMenu

Hardware: IBM Compatible

Cost: \$3,500.00

Plans patient menus and simplifies tray line tasks. Designed for geriatric care centers. Only a demonstration disk is available at FNIC.

### **INEASE (1986)**

JD Development Group

Hardware: IBM Compatible, (Apple II)

Cost: \$150.00

This program is designed to calculate monthly inventory for school food service operations.

### **INVENTORY PRO (1990, version 1.1)**

At-Your-Service Software, Inc.

Hardware: IBM Compatible

Cost: \$195.00

Inventory physical counts and extensions are automated through printing of count sheets and evaluation of on hand inventory through the system. All inventory item information is maintained in a central file for fast bulk price changes and review for purchasing decisions. Reports and count sheets can be sorted alphabetically, by location, vendor, or food category. Integrated with other Pro software modules. Only a demonstration disk is available at FNIC.

### **KITCHEN HELP (1986)**

Bottom Line Software

Hardware: IBM Compatible, Apple II

Cost: \$400.00 for Apple; \$450.00 for IBM

Calculates profits, income, recipes (for any batch size) and food and production costs. Includes cost and sales analyses.



## Food Service Management

**LUNCH CRUNCHER** (1991, version 3.15)  
School Lunch Computer Services, Inc.  
Hardware: IBM Compatible  
Cost: \$2895.00

For school food service record keeping. Includes income, sales, expenses, checkbook, inventory, and purchasing modules. Program and demonstration disk are available at FNIC.

**MAPS (Microapplications for Public Schools)** (version 4.2)  
MAPS Software, Inc.  
Hardware: IBM Compatible  
Cost: \$1195.00

Price for Free and Reduced Applications package shown. Other modules available include financial analysis, participation and income reporting, and expense reporting.

**MENU COSTING SYSTEM** (1986)  
RAPP Industries, Inc.  
Hardware: IBM Compatible  
Cost: \$199.00

Designed to assist the food service manager with planning menus and controlling food costs.

**MENU MANAGEMENT** (1985)  
Reference Library, Inc.  
Hardware: IBM Compatible  
Cost: \$20.00

This program is volume 1 of the Reference Library Software series. Provides basic home food preparation information.

**MENU MUNCHER** (1990, version 2.10)  
School Lunch Computer Services, Inc.  
Hardware: IBM Compatible  
Cost: \$1495.00

Menu planning program includes menu costing, production and participation tracking, USDA recipe card items and nutritional information. The program prints entire month - five days to five weeks menu. Nutrient analysis, student menu pattern requirements and requisitioning are among the features. Program and demonstration disk are available at FNIC.

**MENUPLANNER** (version 1.15)  
L & J Systems, Inc.  
Hardware: IBM Compatible  
Cost: \$19.95

Program plans menus from selected foods. Only a demonstration disk is available at FNIC.

## Food Service Management

### **MICROWAVE OVEN (1984)**

Orange Juice Software

Hardware: Apple II

Cost: \$95.00

Instruction on microwave oven cooking.

### **NUTRI-COMP**

Management Control Systems

Hardware: IBM Compatible

Cost: \$295.00 to \$495.00

Only a demonstration disk for System Storybook and Conference Calendar Programs is available at FNIC.

### **NUTRILABEL (1987)**

Practorcare Corp.

Hardware: IBM compatible; (IBM/PS2)

Cost: \$1000.00

This program assists with writing patient information onto menus and nourishment labels by printing menu labels and nourishment labels using computer stored patient information.

### **PLACE SETTING, MEAL SERVICE AND TABLE MANNERS (1982)**

Orange Juice Software

Hardware: Apple II

Cost: \$95.00

Designed to teach students proper meal service and table manners.

### **PLACE SETTING SIMULATOR (1984)**

Orange Juice Software

Hardware: Apple II

Cost: \$45.00

Teaches table etiquette.

### **PRECISION FREE/REDUCED LUNCH (IBM version 4.5.5; Apple version 4.0)**

Precision Computer Systems

Hardware: Apple IIc,e,gs; IBM (Macintosh)

Cost: \$495.00

Processes student applications for free or reduced price meals. Includes generation of school lists and parent notification letters. Previous name = SCHOOL FREE/REDUCED MEALS DATA MANAGER.

## **Food Service Management**

### **SCHEDULE PLUS (version 4.2)**

**At-Your-Service Software, Inc.**

**Hardware: IBM Compatible**

**Cost: \$595.00**

Employee scheduling for any foodservice operation. Based on operational needs and employee availability, **Schedule Plus** completes and prints a postable schedule for any time period. Any form of customizing shift rotation or special holiday scheduling is easily completed. Also forecasts payroll and maintains labor proformas. Only a demonstration disk is available at FNIC.

### **SNAP-School Nutrition Accountability System (1987)**

**SNAP Systems, Inc.**

**Hardware: IBM Compatible, (specialized terminals)**

**Cost: Call for price**

Only a demonstration disk is available at FNIC. Includes menu planning, point-of-sale accounting, inventory, purchasing, free and reduced meals tracking. Cost varies with the need of the school.



## FOOD TECHNOLOGY

### **ERRC FOOD PROCESS SIMULATOR (1990)**

Eastern Regional Research Center/USDA/ARS

Hardware: IBM Compatible

Cost: Free to U.S. users

This program simulates or models food processes. Calculates mass, energy, concentration and cost balances over each step and total process. Non-U.S. users must prepay with \$2500 drawn on a U.S. Bank and send requests for #PB91505248 to:  
Attn: Sales, NTIS, 5285 Port Royal Road, Springfield, VA 22161.

## Health Education

### **CORONARY RISK PROFILE (CRP) 200; 50 (version 2.5)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$245.00 for CRP 50; \$1095 for CRP 200.

Provides risk factor profile for cardiovascular disease.  
Makes recommendations for lifestyle changes, including dietary guidance.

### **DIABETES AND HYPOGLYCEMIA (1985) see HEALTH SERIES II**

Intellectual Software/A Division of Queue, Inc.

Hardware: Apple II

Cost: \$39.95

Provides information about diabetes and hypoglycemia including causes, symptoms, complications, and treatment.

### **FITLOG (version 1.0)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$195.00 for basic package

An exercise monitoring system that provides calories expended, MET equivalents, fat-pound equivalents, and summaries of weekly or monthly exercise.

### **FITNESS: A STATE OF BODY AND MIND (1985)**

Marshmedia

Hardware: Apple II+, IIe, IIc

Cost: \$65.00

This program addresses six aspects of fitness: What is fitness? How fit am I? What foods should I eat? What chemicals hurt my body? Can exercise help me? How should I control my weight?. Designed to educate students about health and fitness habits.

### **FITNESS PROFILE (version 2.3)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$295.00 for basic package

Evaluates body composition, muscle strength, endurance, flexibility, and cardiovascular fitness. Only a demonstration disk is available at FNIC.

### **HEALTH AGE (version 2.0)**

Wellsource, Inc.

Hardware: IBM Compatible, Macintosh, (Apple II)

Cost: \$250.00

Individual health appraisal based on questionnaire of risk factors. Professional and client/consumer entry options available. Only a demonstration disk of the Macintosh program is available at FNIC.



## Health Education

### **HEALTH AWARENESS GAMES (version 1.1)**

HRM/A Division of Queue, Inc.

Hardware: Apple IIc, IIe, II+ (IBM, TRS-80)

Cost: \$99.00

Teen/adult age level. Emphasizes various health risks.

### **HEALTH RISK APPRAISAL (1985)**

HRM/A Division of Queue, Inc.

Hardware: Apple IIc, IIe, II+ (IBM, TRS-80)

Cost: \$99.00

Teen/adult age level. A health risk appraisal which emphasizes behavior change.

### **HEALTH SERIES II**

Intellectual Software/A Division of Queue, Inc.

Hardware: Apple II, (IBM Compatible)

Cost: \$34.95 per module

Part of an eight part series. **Diabetes and Hypoglycemia, Dieting, and Heart Disease** are available at FNIC. For grade eight to adult age level.

### **HEART CHEC PLUS (version 2.2)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$395.00 for basic system

Designed for use in health promotion programs. Provides evaluation of risk factors for cardiovascular disease.

### **HEART DISEASE (1985) see HEALTH SERIES II**

Hardware: Apple II

Cost: \$39.95

Teaches about causes, symptoms, and treatment of heart disease.

### **OSTEOPOROSIS (version 1.0)**

Wellsource, Inc.

Hardware: IBM Compatible

Cost: \$245.00 for basic system

Identifies client risk factors for osteoporosis and gives recommendations on how to reduce risk.

### **PREGNANCY AND YOU (1984)**

Intellectual Software/A Division of Queue, Inc.

Hardware: IBM Compatible, (Apple II, Macintosh)

Cost: \$44.95

Part of the two part **Pregnancy Package**. Information on topics concerning pregnancy. Teen/adult level.

## Health Education

### **PRENATAL BABY CARE (1986)**

Intellectual Software/A Division of Queue, Inc.

Hardware: Apple II, (IBM Compatible)

Cost: \$34.95

Part of the two part **Pregnancy Package**. Emphasizes good prenatal care. Explains labor and delivery. Teen/adult level.

## Nutrition Education

### **APPLE PIE SOFTWARE**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible (Apple)

Cost: \$249.95

Set of the seven following programs: Food for Thought, Grease, Jumping Jack Flash, Munchies, Salty Dog, Sweet Tooth, and You Are What You Eat. Programs available individually. See individual listing for more information.

### **BAKE & TASTE: COOKING SKILLS AND FOLLOWING DIRECTIONS (1980-81)**

Mindplay/Methods & Solutions Inc.

Hardware: Apple II, II+, IIe, IIc, (IBM Compatible)

Cost: \$49.99

Designed for grades 1 to 8 or age level 7 to adult. In this game children use reading comprehension skills to follow a recipe and make a dessert. Only a demonstration disk is available from FNIC.

### **BUSINESS WITH A TWIST (1987)**

Sunkist Growers, Inc.

Hardware: Apple IIe, IIc

Cost: \$46.00

This program provides business experience for students in grades 6 to 10. Users plan budgets, create advertisements, learn about nutrition and utilize marketing skills. Also available from Film Comm.

### **CAL-BOOM! (1988)**

EMC Publishing

Hardware: Apple II+, IIe, IIc

Cost: \$49.95

Teaches students about food sources of calories.

### **CALORIE AWARENESS TRAINING (1989)**

Learning Seed

Hardware: Apple, (IBM Compatible)

Cost: \$49.00

Teaches students how calories relate to food and energy. Shows how an individual uses calories and how stored calories influence weight. Presents examples of both low and high calorie foods.

### **CHOLESTEROL COUNTDOWN (1988)**

Learning Seed

Hardware: Apple, (IBM Compatible)

Cost: \$49.00

Teaches basic facts about blood cholesterol and shows foods which contain the most cholesterol.



## Nutrition Education

### **COMPUTE WELL, BE WELL: COMPUTER ACTIVITY FOR THE UPPER ELEMENTARY GRADES (1985)**

California State Department of Education

Hardware: Apple II, IIC, IIE, II+

Cost: \$12.50

Contains eight games on various nutrition topics. Created to accompany the Choose Well, Be Well Curriculum Guide but can be used alone.

### **COMPUTRITION: FOOD MEDICATION INTERACTION PROGRAM (1990)**

Computrition, Inc.

Hardware: IBM Compatible

Cost: \$495.00 for single user; \$1495 for muliti-user.

Provides client & professional printouts on name brand & generic drugs. Available on Government Services Administration Price List.

### **THE DAILY NUMBER (1988)**

EMC Publishing

Hardware: Apple II+, IIgs, IIC, IIE

Cost: \$49.95

This game teaches students about calorie balance. It is set up like a board game for 1-4 players.

### **DIABETES (version 1.2)**

CASE Software

Hardware: IBM Compatible

Cost: \$99.00

This program contains self-instructional case studies for students in health care professions. This module teaches the student how to plan diabetic diets.

### **DIETING (1985) see HEALTH SERIES II**

Intellectual Software/A Division of Queue, Inc.

Hardware: Apple II

Cost: \$39.95

Includes information on dieting, fad diets, extreme diets, vegetarianism, and diets for athletes.

### **DIGESTION (1980)**

J.S. Software

Hardware: Apple II

Cost: \$28.00

Includes questions about nutrients, digestion in simple organisms, and digestion in humans. All age levels.

## Nutrition Education

### **DISAPPEARING DINNER: THE DIGESTIVE SYSTEM**

Marshmedia

Hardware: Apple II+, IIe

Cost: \$55.00

Part of the **Body System** series.

### **FATJACK (1986)**

Learning Seed

Hardware: Apple II

Cost: \$49.00

Loosely based on the blackjack card game. Players attempt to stay under their dietary fat allowance. All age levels.

### **FOOD FOR THOUGHT (1987)**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible, (Apple II, TRS-80)

Cost: \$39.95

All age levels. Part of the **Apple Pie Software** series. Quizzes about information on ten current nutrition topics, including nutrition labeling, sports nutrition, and nutrition myths.

### **FOOD FOR THOUGHT: A FOOD GROUP STUDY (1985)**

Marshmedia

Hardware: Apple IIe, IIc, II+

Cost: \$55.00

Child age level. Covers the nutritional value of food groups, daily servings, facts, and quiz.

### **FOOD GROUP PUZZLES (1985)**

Marshmedia

Hardware: Apple IIc, IIe, II+

Cost: \$55.00

Includes food games and meal planning.

### **GREASE (1990)**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible, (Apple II, TRS-80)

Cost: \$39.95

Includes analysis of diets for fat intake. All age levels. Part of the **Apple Pie Software** series.

### **HEALTHY HURDLER (1987)**

EMC Publishing, Changing Times Education Service

Hardware: Apple IIc, II+

Cost: \$29.95

Identification of food sources of five nutrients. Child age level.



## Nutrition Education

### **HI-LO (1988)**

EMC Publishing, Changing Times Education Service

Hardware: Apple II+, IIC, IIE

Cost: \$49.95

This program is a game designed to help students learn which foods contain higher, intermediate, and lower levels of fat.

### **HOME ECONOMICS I: IN THE KITCHEN (1986)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II series (IBM Compatible)

Cost: \$49.95

Part of the five program **Know It All Home Economics Series**. Contains three games on food selection, storage and preparation; kitchen equipment and appliances; and cooking terms.

### **HOME ECONOMICS II: SAFE & NUTRITIOUS FOOD (1986)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II series, (IBM Compatible)

Cost: \$49.95

Part of the five program **Know It All Home Economics Series**. Contains three games on food and nutrition labeling, kitchen safety and sanitation, and nutrient functions and sources.

### **HOME ECONOMICS III: CULTURAL FOODS (1986)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II series, (IBM Compatible)

Cost: \$49.95

Part of the five program **Know It All Home Economics Series**. Contains three games on foods of the Orient, foods of Europe, and regional foods of the U.S.

### **HOME ECONOMICS IV: SOMETHING'S COOKING (1986)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II series, (IBM Compatible)

Cost: \$49.95

Part of the five program **Know It All Home Economics Series**. Contains three games on buying, preparing, and serving breads and cereals, meats and poultry, and fruits and vegetables.

### **HOME ECONOMICS V: LET'S EAT (1986)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II series, (IBM Compatible)

Cost: \$49.95

Part of the five program **Know It All Home Economics Series**. Contains three games on buying, preparing and serving dairy foods and desserts, and microwave cooking.



## Nutrition Education

### **HYPERTENSION (version 1.2)**

CASE Software

Hardware: IBM Compatible

Cost: \$99.00

This program contains self-instructional case studies for students in health care professions. This module teaches nutritional assessment of the hypertensive patient.

### **IN SEARCH OF EGGSCELLENT NUTRITION (1989)**

American Egg Board

Hardware: IBM Compatible, (Apple II+, IIc, IIe)

Cost: \$21.50

Interactive software for 6th to 10th grades. Teaches major food categories, nutrients in foods, and role of eggs in a nutritious diet. Shows application of the Dietary Guidelines.

### **INSPECTOR PICKRIGHT (1988)**

EMC Publishing, Changing Times Education Service

Hardware: Apple II+, IIc, IIe

Cost: \$49.95

This program is a game through which students learn about the sodium content of foods and meals.

### **JUMPING JACK FLASH (1987)**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible, (Apple II+, TRS-80)

Cost: \$39.95

Activity analysis. Part of the **Apple Pie Software** series. Calculates calories used during daily activities.

### **KNOW IT ALL: HOME ECONOMICS SERIES**

Dietary Data Analysis

Hardware: Apple II, (IBM Compatible)

Cost: \$199.95

Series contains five programs. Programs also available individually. See individual listings for more information.

### **MALNUTRITION AND STRESS (version 1.2)**

CASE Software

Hardware: IBM Compatible

Cost: \$99.00

This program contains self-instructional case studies for students in health care professions. This module gives the student practice with nutritional assessment of the patient.

## Nutrition Education

### **MICRONUTRIGUIDE (1988)**

Practorcare Corp.

Hardware: IBM Compatible

Cost: \$1000.00

Provides information on deficiency diseases, drug-nutrient, and nutrient-nutrient interactions.

### **MUNCHIES (1989)**

Dietary Data Analysis

Hardware: IBM Compatible, (Apple II+, TRS-80)

Cost: \$39.95

All age levels. Part of the **Apple Pie Software** series. Looks at snacks and their calorie and nutrient content.

### **NUTRI-BYTES (1983)**

Center for Science in the Public Interest

Hardware: Apple II (IBM, Osborne, Kaypro)

Cost: \$39.95

Adult age level. This game informs consumers about current nutrition issues and promotes healthy eating.

### **NUTRIENT BANDIT (1987)**

EMC Publishing

Hardware: Apple IIc, IIe, II+

Cost: \$29.95

Identification of function and food sources of five key nutrients. Child age level.

### **NUTRITION EXPRESS (1985)**

Center for Science in the Public Interest

Hardware: Apple II

Cost: \$39.95

Junior high to adult age level. This game promotes dietary awareness on topics such as fat, cholesterol, sugar, and sodium.

### **NUTRITION PURSUIT (1984)**

Learning Seed

Hardware: Apple IIc, IIe

Cost: \$49.00

For ages nine to adult. Questions in categories such as food facts, fitness, and cooking.

### **NUTRITION SIMULATION (1983)**

EMC Publishing

Hardware: Apple II+

Cost: \$49.95

Teen/adult age level. Asks questions about foods to purchase and eat during the four seasons.



## Nutrition Education

### **NUTRITION TUTORIAL (1983)**

EMC Publishing

Hardware: Apple II+

Cost: \$49.95

Junior high to adult age level. Teaches what nutrition is, why it is important, and how to apply nutrition principles.

### **NUTRITION: THE GAME FORMAT STUDY AID (1984)**

Orange Juice Software

Hardware: Apple II

Cost: \$45.00

Teen/adult age level. Program consists of four games to help students study nutrition.

### **P and P MASTER DIET (1985)**

P and P Software, Inc.

Hardware: IBM Compatible, (Digital)

Cost: \$249.00 for complete program

Provides food lists for menu planning, accounting for special biological and physical conditions and desire to gain or lose weight. Adult and adolescent module, \$149 and children's module, \$149.

### **POWER PACKED NUTRITION (1987)**

National Live Stock and Meat Board

Hardware: Apple II+, IIC, IIE, IIgs

Cost: \$12.95

Fifth to seventh grade level. Presents density and menu planning, analyzes foods for calories, percentage of calories from fat and percentage of U.S. RDA.

### **PRO - BE A PRO ABOUT PROTEIN (1985)**

clo's line Software, Inc.

Hardware: Apple II

Cost: \$35.00

Designed for consumers and students. Includes information about protein and meat selection and preparation.

### **SALTY DOG (1990)**

Dietary Data Analysis (DDA) Software

Hardware: IBM Compatible, (Apple II+)

Cost: \$39.95

Includes analysis of diet for salt. All age levels. Part of the Apple Pie Software series.



## Nutrition Education

### **SNACKMONSTER (1982)**

Learning Seed

Hardware: Apple II, (Franklin)

Cost: \$49.00

All age levels. Players select snacks lowest in calories.

### **SWEET TOOTH (1987)**

Dietary Data Analysis (DDA) Software

Hardware: Apple II+, (IBM Compatible)

Cost: \$39.95

All age levels. Part of the **Apple Pie Software** series.

Focuses on hidden sources of sugar and tooth decay.

### **UNDERSTANDING FOOD LABELS (1986)**

Learning Seed

Hardware: IBM Compatible (Apple II, Commodore, TRS-80)

Cost: \$49.00

Teaches how to read ingredient lists and nutrition labeling.

All age levels.

### **WEIGHTCALC (1985)**

Learning Seed

Hardware: Apple II, (IBM, TRS-80)

Cost: \$49.00

Provides information on calorie requirements, ideal weight, and percent body fat. Teen/adult age level.

### **WELL AWARE: FOOD SENSITIVITY (1989)**

Positech

Hardware: IBM Compatible

Cost: \$99.00

Tracks food intake and symptoms for persons with food sensitivities.

### **YOU ARE WHAT YOU EAT (1990)**

Dietary Data Analysis

Hardware: IBM Compatible, (Apple II+)

Cost: \$79.95

All age levels. Part of the **Apple Pie Software** series.

Analyzes diets and compares to the RDAs. Includes 1000 foods.

## Recipe

### **A>COOK (1989, version 2.0)**

East Hampton Industries Inc.

Hardware: IBM Compatible

Cost: \$40.00

This program contains over 100 recipes. User can plan meals, add or change recipes, cross reference, and set up cookbooks. Can store of up to 1600 recipes on hard drive.

### **A>RECIPES SERIES (1987, 2nd edition)**

East Hampton Industries, Inc.

Hardware: IBM Compatible (Apple II+, IIe, IIc, Commodore)

Cost: See individual programs

A series of programs which feature different types of recipes. Some of the programs contain recipes from published cookbooks.

### **DISKETTE COOKBOOK SERIES (version 2.0)**

Vanilla Software

Hardware: IBM Compatible

Cost: \$218 for cbplus database and 25 cookbooks. (Prices for fewer cookbooks).

This program is a file of recipes from 25 published cookbooks. New recipes and personal comments can be added. Recipes can be searched by title, ingredients and words in the personal comments. Portion sizes can be adjusted. Only a demonstration disk is available at FNIC.

### **THE JAMES BEARD COOKBOOK (1987, version 2.0)**

East Hampton Industries, Inc.

Hardware: IBM Compatible (Apple II+, IIe, IIc; Commodore)

Cost: \$15.00

Part of the A>Recipes series. This program contains recipes from The James Beard Cookbook. Prints recipes and shopping lists. Changes serving sizes as needed.

### **MICROMEALS (1986)**

East Hampton Industries, Inc.

Hardware: IBM (Apple II+, IIe, IIc; Commodore)

Cost: \$15.00

Part of the A>RECIPES series. Contains over 100 recipes for the microwave.

### **NATURAL FOOD RECIPES (1986)**

East Hampton Industries, Inc.

Hardware: IBM (Apple II+, IIe, IIc; Commodore)

Cost: \$15.00

Part of the A>RECIPES series. Contains over 100 natural foods recipes from the test kitchen of Rodale Press, Inc.



## Recipe

### **NO SALT, NO SUGAR, NO FAT RECIPES (1986)**

East Hampton Industries, Inc.

Hardware: IBM (Apple II+, IIe, IIC; Commodore)

Cost: \$15.00

Part of the A>RECIPES series. Contains recipes from the No Salt, No Sugar, No Fat Cookbook published by Nitty Gritty Productions.

### **PROFESSIONAL RECIPE MANAGER (version 2.6)**

Gem Island Software

Hardware: IBM Compatible

Cost: \$245.95

Combines recipe costing, nutritional analysis, and serving size adjustment. Network compatible version available.

### **RECIPE MANAGER (version 5.1)**

Gem Island Software

Hardware: IBM Compatible

Cost: \$49.95

Recipe management for home use. Includes recipe database.

### **RECIPE RUSTLER (1991)**

School Lunch Computer Services, Inc.

Hardware: IBM Compatible

Cost: \$159.00

Recipe filing system. Creates printouts of recipes with quantities adjusted for preparation requirements. Only a demonstration disk is available at FNIC.

### **RECIPE SEARCH (1983)**

clo's line Software, Inc.

Hardware: Apple II

Cost: \$60.00

Designed to suggest recipes that fulfill various requirements such as dietary restrictions, time or cost limitations, etc. Also manages the addition of new recipes.

### **RECIPES FOR PARENTS (1986)**

East Hampton Industries, Inc.

Hardware: IBM (Apple II+, IIe, IIC; Commodore)

Cost: \$15.00

Part of the A>RECIPES series. Contains recipes designed to include children in the preparation. Some suitable for school-aged children to prepare without assistance.



## Recipe

### **THE RECIPE WRITER (version 2.11)**

At-Your-Service Software, Inc.

Hardware: IBM Compatible

Cost: \$49.95

Maintains recipes files, categories and bibliographic references. Generates shopping lists and recipe conversions. Keeps notepads for food related notes.

### **THE RECIPE WRITER PRO (version 1.1)**

At-Your-Service Software, Inc.

Hardware: IBM Compatible

Cost: \$295.00

Professional recipe/menu management and pricing system. Production lists, recipe conversions, menu development and costing. Stand alone or integrated with other Pro software. Only a demonstration disk is available at FNIC.

### **WOMAN'S DAY RECIPES (1986)**

East Hampton Industries, Inc.

Hardware: IBM (Apple II+, IIe, IIC; Commodore)

Cost: \$15.00

Part of the A>RECIPES series. Contains recipes from Woman's Day Magazine. Nutrient information (calories, protein, fat, sodium, and carbohydrate cholesterol) is provided.

### Producer/Distributor List

Advanced Analytical  
22961 De Kolb Drive  
Calabasas, CA 91302  
818-591-0160

ALSoft, Inc.  
P.O. Box 927  
Spring, TX 77383-0927  
713-353-4090

American Egg Board  
1460 Renaissance Drive  
Park Ridge, IL 60068  
312-296-7043

Aquarius Instructional  
P.O. Box 128  
Indian Rocks Beach, FL 34635-0128  
800-338-2644 (or 813-595-7890)

At-Your-Service Software, Inc.  
450 Bronxville Road  
Bronxville, NY 10708  
914-337-9030

Barton, Jo Anne  
Extension Specialist  
Food and Nutrition  
Virginia Polytechnic Institute & State University  
Blacksburg, VA 24061-0521  
703-231-5549

Bon Appetit Food Service Systems  
9205 Youree Drive  
Shreveport, LA 71115  
800-334-8934

Bottom Line Software  
P.O. Box 10545  
Eugene, OR 97440  
503-484-0520

California Department of Education  
Publications Sales  
P.O. Box 271  
Sacramento, CA 95802-0271

## Producer/Distributor List

CAMDE Corporation  
4435 S. Rural Road, Suite 331  
Tempe, AZ 85282  
602-821-2310

Cardinal Health Systems, Inc.  
4600 W. 77th Street  
Suite 150  
Edina, MN 55435  
800-328-0180

CASE Software  
1702 Duval Drive  
Greensboro, NC 27410  
919-288-4924

CASF, Inc.  
1084 Judge Sekul Avenue  
Biloxi, MS 39530  
601-374-0077

CBORD Group, Inc.  
61 Brown Road  
Ithaca, NY 14850  
607-257-2410

Center for Science in the  
Public Interest  
1875 Connecticut Avenue, NW,  
Suite 300  
Washington, DC 20009  
202-332-9110

clo's Line Software, Inc.  
Box 72  
Volborg, MT 59351  
406-784-2280

Colorado State University  
Cooperative Extension  
Department of Food Science  
and Human Nutrition/PRUCAL  
Fort Collins, CO 80523  
303-491-7334

Computrition, Inc.  
9121 Oakdale Avenue, Suite 201  
Chatsworth, CA 91311  
800-222-4488



## Producer/Distributor List

Constellation Research  
25070 Tulip Avenue  
Loma Linda, CA 92354  
714-797-0727

Constructive Solutions, Inc.  
5506 Mercedes  
Dallas, TX 75206  
214-826-4327

DENTEK Systems  
4822 South Tower Way  
Aurora, CO 80015  
303-441-9923

DFM Systems, Inc.  
1601 48th Street, Suite 200  
W. Des Moines, IA 50265  
515-225-3933

Diet Research, Inc.  
3665 Brighton Way  
Reno, NV 89509  
702-329-5144

Dietary Data Analysis (DDA) Software  
P.O. Box 26  
Hamburg, NJ 07419  
201-764-6677

Dietware  
P.O. Box 927  
Spring, TX 77383  
713-353-4090

DINE Systems, Inc.  
586 North French Road, Suite 2  
Amherst, NY 14228  
716-688-2492

Dynatran Computer Systems, Inc.  
5150 S.W. Griffith Avenue  
Beaverton, OR 97005  
800-423-7650

East Hampton Industries, Inc.  
81 Newtown Lane  
Drawer EEEE  
East Hampton, NY 11937  
516-324-2224

FNIC Software List

## Producer/Distributor List

Eastern Regional Research  
Center/USDA/ARS  
Michael Korempel  
600 E. Mermaid Lane  
Wyndmoor, PA 19119  
215-233-6588

EMC Publishing, Changing Times  
Education Service  
300 York Avenue  
St. Paul, MN 55101  
612-771-1555

ESHA Research  
P.O. Box 13028  
Salem, OR 97309  
503-585-6242

Evryware  
131 Clay Street  
New Haven, CT 06513

EXTEND  
475 Coffey Hall  
University of Minnesota  
1420 Eckles Avenue  
St. Paul, MN 55108  
612-625-8173

Film Comm  
641 North Avenue  
Glendale Heights, IL 60139  
708-790-3300

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415-835-1953

Wellsource, Inc.  
Box 569  
15431 S.E. 82nd Drive, Suite D  
Clackamas, OR 97015  
503-656-7446

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BYTINGIN, Available for \$65.00 per year (6 issues) from: Meta Media, 1448 East 52nd St., Suite 228, Chicago, IL 60615, 1-800-654-8106.

Computer Needs Assessment, American School Foodservice Association, 1990. Available for \$30.00 from: ASFSA Emporium, 5600 S. Quebec St., Suite 300 B, Englewood, CA 80111, 303-761-0061.

Computer Software for Nutrition and Food Education, Compiled by the Penn State Nutrition Center. Available for \$12.00 from: Penn State Nutrition Center, Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663, 814-865-6323.

Journal of Nutrition Education, June 1984, Summer Issue. Entire issue is devoted to reviews and articles about nutrition software. Available for \$12.75 from: Computer Issue/Journal of Nutrition Education, 1700 Broadway, Suite 300, Oakland, CA 94612.

Nutrient Data Bank Directory, Seventh Edition, 1988. Loretta W. Hoover. Available for \$15.00 from: Department of Human Nutrition, Foods and Food Systems Management, College of Home Economics, 217 Gwyn Hall, University of Missouri-Columbia, Columbia, MO 65211.

Proceedings of the 13th National Nutrient Databank Conference, June 6-8, 1988, Charlene Hamilton, ed., 1988. Available for \$15.00 (NY residents add 7% sales tax) from: Marketing Services, The CBORD Group, Inc., Suite 300, 202 East State St., Ithaca, NY 14850.

Software for Computer Assisted Nutrition Analysis: A Comparative Study, Charlene Hamilton, 1986. Available for \$20 from: Charlene Hamilton, Department of Home Economics, Framingham State College, 100 State St., Framingham, MA 01701.

The 1987 Proceedings of the Computer Application in Foodservice Education Society, Carol Anne Sawyer, ed., 1987. Available for \$10.00 (NY and MI residents add appropriate sales tax) from: Marketing Services, The CBORD Group, Inc., Suite 300, 202 East State St., Ithaca, NY 14850.



## Program Name Index

	<u>Page No.</u>
1 A>COOK.....	31
2 A>RECIPES SERIES.....	31
3 ACCOUNTS RECEIVABLE, BILLING AND INVENTORY CONTROL.....	12
4 APPLE PIE SOFTWARE.....	23
5 AUTONUTRITIONIST III .....	1
6 BAKE & TASTE: COOKING SKILLS AND FOLLOWING DIRECTIONS....	23
7 BALANCE YOUR DIET.....	1
8 BON APPETIT.....	12
9 BUSINESS WITH A TWIST .....	23
10 CAL-BOOM!.....	23
11 CALORIE AWARENESS TRAINING .....	23
12 CALORIE STUDY PROGRAMS .....	1
13 CASF POINT OF SERVICE .....	12
14 CATER PRO.....	12
15 CBORD DIET ANALYZER SYSTEM .....	1
16 CHOLESTEROL COUNTDOWN .....	23
17 COMPUTE WELL, BE WELL: COMPUTER ACTIVITY FOR THE UPPER ELEMENTARY GRADES.....	24
18 COMPUTERIZED HEALTH DIET.....	1
19 COMPUTRITION: FOOD MEDICATIONS INTERACTION PROGRAM.....	24
20 COMPUTRITION: NUTRITION SOFTWARE LIBRARY.....	1
21 COMPUTRITION: NUTRITIONAL CARE MANAGEMENT/CARDEX.....	12
22 COOK-WARE.....	13
23 COOKING AND BAKING SERIES.....	13
24 CORONARY RISK PROFILE.....	20
25 COST STUDY PROGRAMS.....	13
26 THE DAILY NUMBER.....	24
27 DATADIET.....	13
28 DIABETES.....	24
29 DIABETES AND HYPOGLYCEMIA see HEALTH SERIES II.....	20
30 DIET ANALYSIS.....	2
31 DIET PLANNING FOR THE TYPE II DIABETIC.....	2
32 DIET SIMPLE & DIET SIMPLE PLUS.....	2
33 DIETAID.....	2
34 DIETARY ANALYSIS PROGRAM.....	2
35 DIETARY ASSESSMENT SYSTEM .....	3
36 DIETARY FOOD MANAGEMENT SYSTEM.....	13
37 DIETICIAN .....	3
38 DIETING see HEALTH SERIES II.....	24
39 DIETITIAN DATABASE.....	13
40 DIETVALUE 6000.....	3
41 DIGESTION .....	24
42 DINE WINDOWS; DINE SYSTEM .....	3
43 DISAPPEARING DINNER: THE DIGESTIVE SYSTEM.....	25
44 DISKETTE COOKBOOK SERIES.....	31
45 EAT FOR HEALTH .....	4
46 EATING MACHINE .....	4
47 ERRC FOOD PROCESS SIMULATOR.....	19
48 EVRYDIET: A NUTRITION AND DIET GUIDE .....	4



49	FAST FOOD MICRO-GUIDE .....	4
50	FATJACK .....	25
51	FITLOG .....	20
52	FITNESS PROFILE .....	20
53	FITNESS: A STATE OF BODY AND MIND.....	20
54	FOOD/ANALYST CD-ROM.....	4
55	FOOD COST EXPLOSION.....	14
56	FOOD FOR KEEPS .....	14
57	FOOD FOR THOUGHT.....	25
58	FOOD FOR THOUGHT: A FOOD GROUP STUDY.....	25
59	FOOD GROUP PUZZLES.....	25
60	FOOD POISONING, SANITATION AND PRESERVATION .....	14
61	FOOD PROCESSOR II.....	5
62	FOOD PROCESSOR II- FOOD INDUSTRY/RESEARCH VERSION.....	5
63	FOOD PROCESSOR II-PLUS.....	5
64	FOODAY Diet Assessment and Group Summary Programs.....	5
65	FOODS: MEASURING TECHNIQUES.....	14
66	FORMWORX & SLCS FORMFILE.....	14
67	FREE AND REDUCED LUNCH SYSTEM .....	14
68	FREE AND REDUCED PRICE APPLICATIONS PROCESSING PROGRAM...15	
69	GERIMENU.....	15
70	GOOD HEALTH AND DIET PROGRAM.....	6
71	GREASE .....	25
72	HEALTH AGE.....	20
73	HEALTH AWARENESS GAMES .....	21
74	HEALTH RISK APPRAISAL.....	21
75	HEALTH SERIES II.....	21
76	HEALTHY HURDLER .....	25
77	HEART CHEC PLUS.....	21
78	HEART DISEASE see HEALTH SERIES II.....	21
79	HI-LO.....	26
80	HOME ECONOMICS I: IN THE KITCHEN.....	26
81	HOME ECONOMICS II: SAFE & NUTRITIOUS FOOD.....	26
82	HOME ECONOMICS III: CULTURAL FOODS.....	26
83	HOME ECONOMICS IV: SOMETHING'S COOKING.....	26
84	HOME ECONOMICS V: LET'S EAT.....	26
85	HYPERTENSION .....	27
86	IDAHO DIET ANALYSIS .....	6
87	IN SEARCH OF EGGSCELLENT NUTRITION .....	27
88	INEASE .....	15
89	INSPECTOR PICKRIGHT.....	27
90	INVENTORY PRO.....	15
91	THE JAMES BEARD COOKBOOK.....	31
92	JUMPING JACK FLASH .....	27
93	KITCHEN HELP .....	15
94	KNOW IT ALL: HOME ECONOMICS SERIES.....	27
95	LUNCH CRUNCHER .....	16
96	MACDINE II; MACDINE.....	6
97	MALNUTRITION AND STRESS .....	27
98	MAPS (Microapplications for Public Schools).....	16
99	MENU COSTING SYSTEM .....	16
100	MENU MANAGEMENT.....	16

101	MENU MUNCHER.....	16
102	MENUPLANNER .....	16
103	MICROMEALS.....	31
104	MICRONUTRIGUIDE .....	28
105	MICROWAVE OVEN .....	17
106	MINNESOTA NUTRITION DATA SYSTEM.....	6
107	MUNCHIES .....	28
108	NO SALT, NO SUGAR, NO FAT RECIPES.....	32
109	NSL DIET ANALYZER.....	6
110	NUTRANAL .....	6
111	NUTRI PLAN .....	7
112	NUTRI PLAN PROFESSIONAL.....	7
113	NUTRI-BYTES.....	28
114	NUTRI-CALC HD.....	7
115	NUTRI-CALC PC.....	7
116	NUTRI-CALC PLUS.....	7
117	NUTRI-COMP.....	17
118	NUTRI-TALLY .....	7
119	NUTRICHAT .....	7
120	NUTRIENT ANALYSIS SYSTEM 2; NUTRIENT ANALYSIS SYSTEM.....	8
121	NUTRIENT BANDIT .....	28
122	NUTRIGUIDE.....	8
123	NUTRILABEL.....	17
124	NUTRIPLANNER 6000.....	8
125	NUTRIPRACTOR 6000.....	8
126	NUTRISTATUS.....	8
127	NUTRITEK.....	9
128	NUTRITION ANALYSIS 1000.....	9
129	NUTRITION EXPRESS.....	28
130	NUTRITION PRO!.....	9
131	NUTRITION PROFILE 35.....	9
132	NUTRITION PROFILE; NUTRITION PROFILE PLUS.....	9
133	NUTRITION PROSPECTOR PERSONAL .....	10
134	NUTRITION PROSPECTOR PROFESSIONAL .....	10
135	NUTRITION PURSUIT .....	28
136	NUTRITION SIMULATION .....	28
137	NUTRITION TUTORIAL .....	29
138	NUTRITION WIZARD.....	10
139	NUTRITION: THE GAME FORMAT STUDY AID .....	29
140	NUTRITIONAL CARE MANAGEMENT/CARDEX.....	12
141	NUTRITIONIST I, II, and III .....	10
142	NATURAL FOOD RECIPES.....	31
143	OSTEOPOROSIS.....	21
144	P AND P MASTER DIET .....	29
145	PLACE SETTING, MEAL SERVICE AND TABLE MANNERS .....	17
146	PLACE SETTING SIMULATOR .....	17
147	POCKET RD.....	10
148	POWER PACKED NUTRITION .....	29
149	PRECISION FREE/REDUCED LUNCH .....	17
150	PREGNANCY AND YOU .....	21
151	PRENATAL BABY CARE .....	22
152	PRO - BE A PRO ABOUT PROTEIN .....	29



153	PROFESSIONAL DIETITIAN.....	11
154	PROFESSIONAL RECIPE MANAGER .....	32
155	PRUCAL.....	11
156	RECIPE MANAGER .....	32
157	RECIPE RUSTLER.....	32
158	RECIPE SEARCH .....	32
159	THE RECIPE WRITER .....	33
160	THE RECIPE WRITER PRO.....	33
161	RECIPE: NUTRITIONAL ANALYSIS PROGRAM .....	11
162	RECIPES FOR PARENTS.....	32
163	RIGHT BYTE .....	11
164	SALTY DOG .....	29
165	SCHEDULE PLUS.....	18
166	SNACKMONSTER.....	30
167	SNAP-School Nutrition Accountability System .....	18
168	SWEET TOOTH .....	30
169	UNDERSTANDING FOOD LABELS .....	30
170	WEIGHTCALC .....	30
171	WELL AWARE: FOOD SENSITIVITY.....	30
172	WHAT DID YOU EAT YESTERDAY?.....	11
173	WOMAN'S DAY RECIPES.....	33
174	YOU ARE WHAT YOU EAT .....	30
175	YOU ARE WHAT YOU EAT.....	11



## Producer Index

<u>Producer/Distributor Name</u>	<u>Page No.</u>
Advanced Analytical.....	12
ALsoft, Inc.....	3
American Egg Board.....	27
Aquarius Instructional.....	13
At-Your-Service Software, Inc.....	12, 15, 18, 33
Barton, Jo Anne.....	11
Bon Appetit Food Service Systems.....	12
Bottom Line Software.....	15
California Department of Education.....	24
CAMDE Corporation.....	7
Cardinal Health Systems, Inc.....	2
CASE Software.....	24, 27
CASF, Inc.....	12
CBORD Group, Inc.....	1
Center for Science in the Public Interest.....	10, 28
clo's Line Software, Inc.....	1, 13, 14, 29, 32
Colorado State University Cooperative Extension.....	11
Computrition, Inc.....	1, 12, 24
Constructive Solutions, Inc.....	10
DENTEK Systems.....	9
DFM Systems, Inc.....	13
Diet Research, Inc.....	6
Dietary Date Analysis (DDA) Software.....	8, 23, 25, 26, 27, 28, 29, 30
Dietware.....	3
DINE Systems, Inc.....	3, 6
Dynatran Computer Systems, Inc.....	13
East Hampton Industries, Inc.....	31, 32, 33
Eastern Regional Research Center USDA/ARS.....	19
EMC Publishing, Changing Times Education Service.....	23, 24, 25, 26, 27, 28, 29
ESHA Research.....	5, 9
Evryware.....	4
EXTEND.....	5
Gem Island Software.....	32
Genesee Intermediate School District.....	4
GeriMenu.....	15
Hopkins Technology.....	4
INPS.....	1
IPC/Software.....	13
J.D. Development.....	15
J.S. Software.....	24
L & J Systems, Inc.....	16
Lark Software, Inc.....	14

## Producer Index

Learning Seed.....	4, 11, 23, 25 28, 30
Management Control Systems.....	17
MAPS Software, Inc.....	16
Marshmedia.....	11, 20, 25
Michigan State University.....	8
MicroMedix.....	7
Mindplay/Methods and Solutions Inc.....	23
Missouri Cooperative Extension.....	7
N-Squared Computing.....	1, 2, 10, 11
National Livestock and Meat Board.....	29
Natural Software Limited.....	6
Nutrition Counseling.....	7
Orange Juice Software.....	14, 17, 29
P & P Software, Inc.....	29
Poly-Bytes, Inc.....	10
Positech.....	30
Practorcare Corp.....	3, 8, 17, 28
Precision Computer Systems.....	17
Queue, Inc.....	1, 2, 4, 20, 21, 22, 24
RAPP Industries, Inc.....	16
Reference Library, Inc.....	16
S and N Services.....	6
School Lunch Computer Services, Inc.....	14, 15, 16, 32
Shannon Software, Ltd.....	2
SimpleSolutions.....	13
SNAP Systems, Inc.....	18
Softech Computing Company.....	3
Sunkist Growers Inc.....	23
University of Idaho.....	6
University of Minnesota.....	6
USDA/HNIS.....	2
Vanilla Software.....	31
Wellsource, Inc.....	9, 11, 20, 21







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